



## Neurosequential Model of Therapeutics (NMT) in an Adult System of Care

# Community Need

- MHSA FY 14/15 Three-Year planning process
  - Stakeholders identified the need for alternative treatment options to deepen focus on trauma informed care and provide improved outcomes for clients
  - Trauma is frequently undiagnosed or misdiagnosed leading to inappropriate interventions in behavioral health care settings



# MHSA Innovation

- Since 2012, BHRS Youth System has provided extensive training with positive outcomes for children and youth.
- The expansion and evaluation of NMT in an adult system of care is the first of its kind.

## Learning Goal 1

Can NMT, a neurobiology and trauma-informed approach, be adapted in a way that leads to better outcomes in recovery for BHRS adult consumers?

## Learning Goal 2

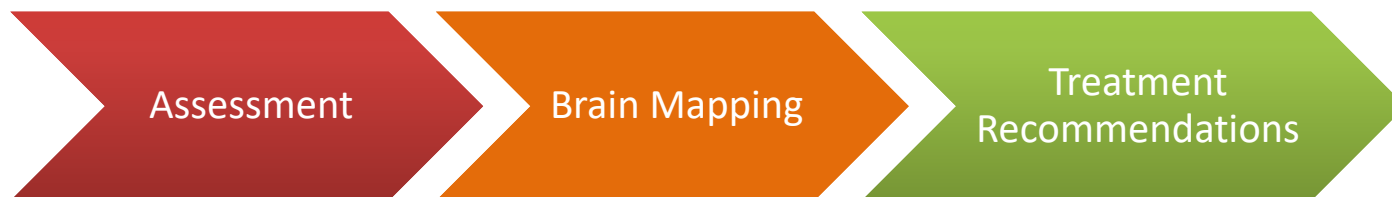
Are alternative therapeutic and treatment options, focused on changing the brain organization and function, effective in adult consumers' recovery?



## About NMT

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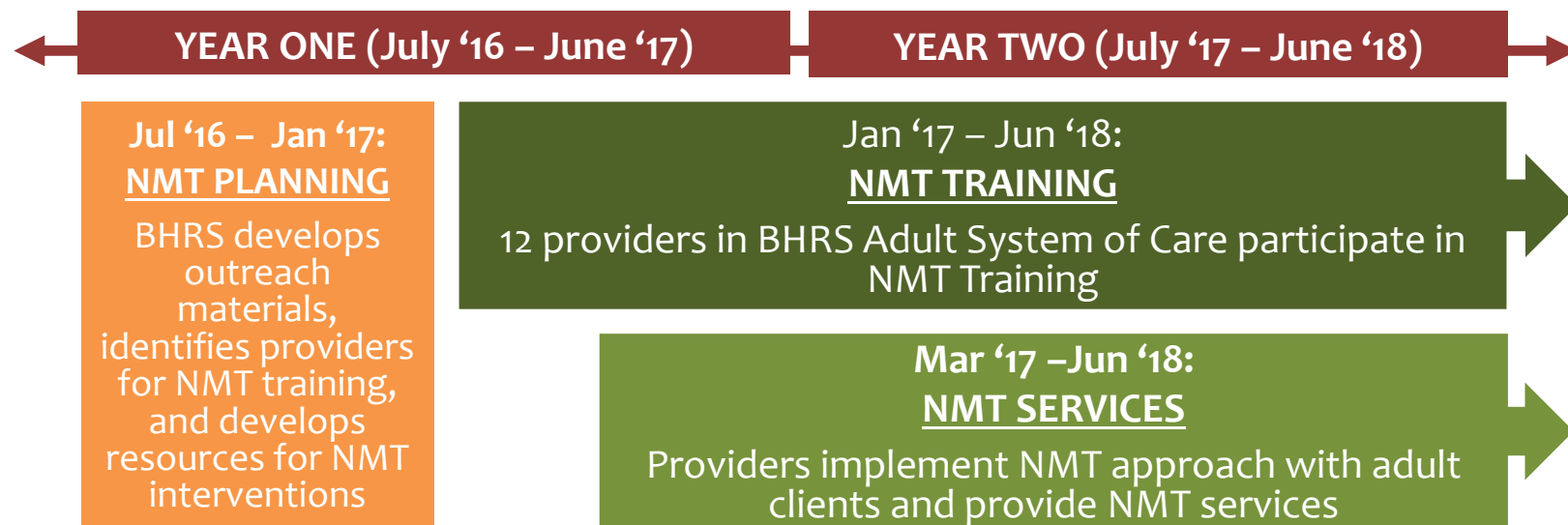
- Developed by Dr. Perry at the Child Trauma Academy as an alternative approach to addressing trauma
- NMT uses assessments to guide the selection of individualized alternative interventions (drumming, yoga, expressive arts, etc.)
- Interventions help clients better cope, self-regulate and progress in their recovery





# Implementation

- Target population
  - General adult clients (ages 26+) receiving specialty mental health services
  - Transition age youth (ages 18-25)
  - Criminal justice-involved clients re-entering the community



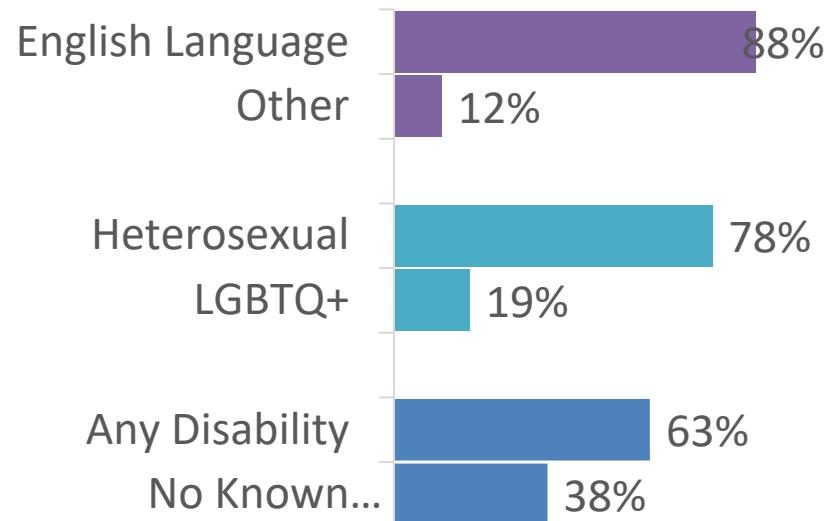
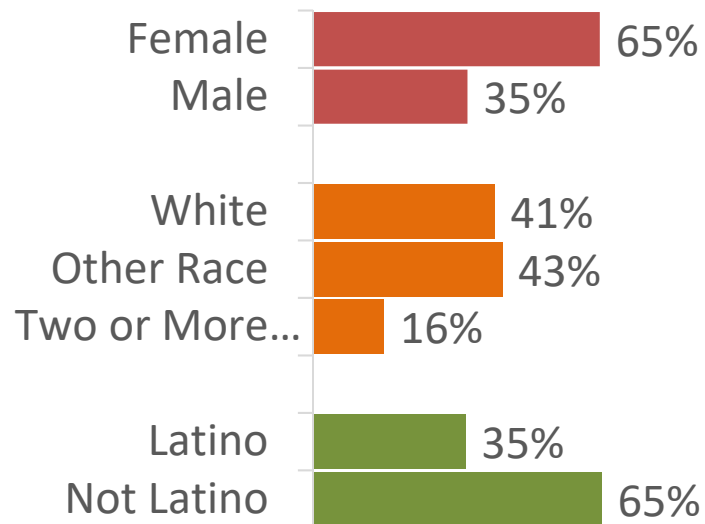
# Accomplishments To-Date

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- 6 providers completed the NMT training, 5 are continuing to become trainers
- Broad array of resources established
  - Clients: Yoga, drumming, therapeutic massage, animal-assisted therapy
  - Clinics: therapeutic lighting, art supplies, weighted blankets, sensory integration tools

# Client Demographics

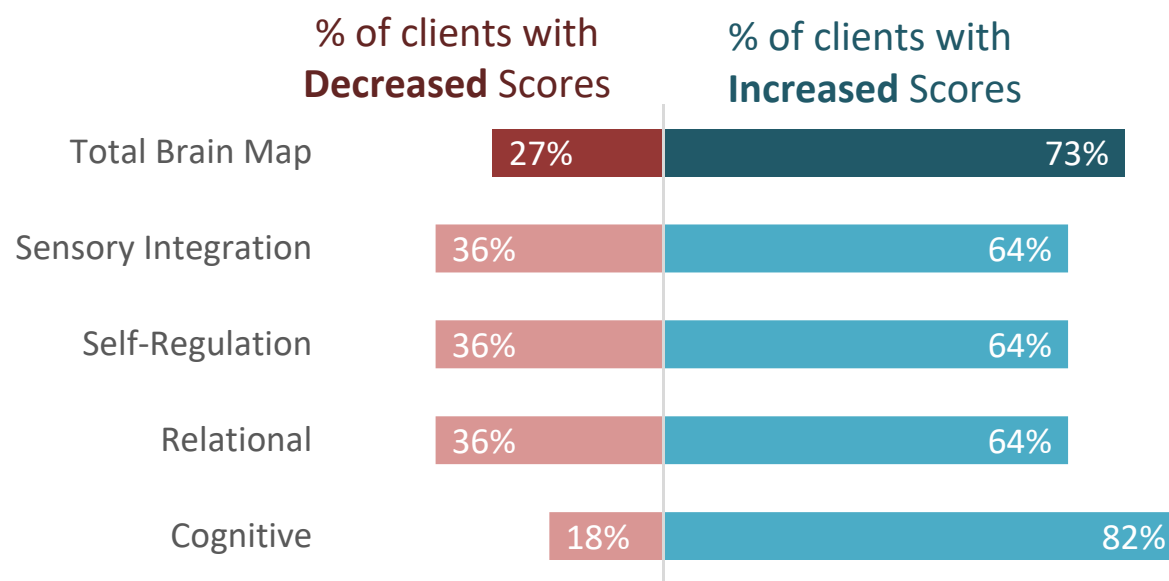
- 60 clients served total (doubled in Year 2)
  - 73% (44) adults, 23% (16) TAY



# Client Outcomes

- Clients appear to be benefitting from NMT services

Percentage of Clients with Increased and Decreased Assessment Scores from Baseline to Follow-up, N=11, FY17-18





# Client Outcomes (cont'd)

*The moment you start, you get the anger out by massaging the clay. All the stress and tension I had in my hands and my mind, I didn't have it anymore. I didn't even remember the reason why I was so upset or hurt.*

– NMT Client

- The NMT approach may make it easier for some clients to engage in therapy.

- NMT implementation may be helping clinics and programs within the BHRS adult system of care be more trauma-informed.

*[NMT] doesn't feel like the normal going to the counselor and you just tell them your feelings and it's depressing and it's serious. [NMT] doesn't feel like that. It feels light.*

– NMT Client

# Next Steps

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- Train 12-18 from up to 6 different BHRS adult system of care programs
- Once providers are fully trained, approximately 75-100 clients will receive an assessment and relevant interventions annually.
- Would like to increase intervention resources
- Sustainability and expansion leveraged through the train-the-trainer model
  - Total for sustainability: \$200,000 annually (.3FTE MHS, maintenance and training, interventions)